

# Internship Program

## Psychogeriatrics





**tech** global  
university

Internship Program  
Psychogeriatrics

# Index

01

Introduction

---

*p. 4*

02

Why Study an Internship Program?

---

*p. 6*

03

Objectives

---

*p. 8*

04

Educational Plan

---

*p. 10*

05

Where Can I Do the Internship Program?

---

*p. 12*

06

General Conditions

---

*p. 14*

07

Certificate

---

*p. 16*

# 01 Introduction

Psychogeriatrics has become, in recent years, a valuable discipline for the care of the elderly. As a result of its growth, this specialty has seen a succession of diagnostic and therapeutic innovations such as specific cognitive assessment strategies. However, most specialists are not up to date with these innovations. In this context, TECH proposes this program in which the doctor will carry out a practical, face-to-face and intensive stay in a hospital facility of international reference. In this instance, they will offer diagnosis, treatment and follow-up by a team of experts.



*Update all your knowledge about Psychogeriatrics through TECH and implement the most important advances of this medical discipline in your professional practice"*





In a very short time, medical sciences have contributed to the development of psychological, psychiatric and neuronal intervention strategies focused on the elderly. From these advances in Psychogeriatrics, innovative medical supplements have appeared against seizures, emotional disorders, agitation, confusion, dementia, among other pathologies that affect the mental health status of elderly patients. Paradoxically, most specialists do not have the proper update on these aspects, which means that their professional practice is limited to techniques and procedures that have already been surpassed by the most recent scientific evidence.

TECH, in its eagerness to contribute to the preparation of physicians from excellence, has designed this Internship Program in Psychogeriatrics. This academic modality is integrated by a stay, face-to-face and intensive, in a renowned hospital center. The educational process will have an extension of 120 hours, distributed in days from Monday to Friday, to complete 3 weeks. In the institutions chosen for the program, the graduates will find first level health care resources. Through them, they will exercise rigorous procedures and academic endorsement, for the management of real geriatric patients with various pathologies related to their mental health condition.

At the same time, they will be able to discuss the means of approach with experts of distinguished experience who are part of the staffs of these facilities. With their advice, the physician will get the necessary update and become familiar with the most complex dynamics of this healthcare practice. In turn, an assistant tutor will be in charge of monitoring all progress, integrating new tasks of greater complexity to the educational process. Upon completion, the healthcare professional will be ready to take on challenges in his or her career and provide the most comprehensive care for patients.

# 02

## Why Study an Internship Program?

For several years now, science has been delving into new ways to sustain the quality of life of people entering old age. The motivation for such research lies in the fact that life expectancy is increasing every year, especially in developed countries. Based on the latest trends, a wide range of therapeutic, pharmacological and social reintegration strategies are now available to the elderly to sustain their health or treat chronic diseases. At the same time, not all physicians are trained to implement these updated methodologies. This is why TECH has put in place a 100% practical, face-to-face and intensive qualification which, in 3 weeks, will contribute to the updating of specialists from a hospital facility of international renown.



*TECH will put you in front of advanced scanning techniques and neurodiagnostic tools to update your skills for their management in a hospital institution with optimal care resources"*

### 1. Updating from the latest technology available

The development of genetic methods to assess cognitive impairment in elderly patients, as well as other neural diagnostic techniques and devices, have become valuable tools in Psychogeriatrics. Although not all specialists are prepared to handle them, this knowledge is a priority for a correct professional practice. For this reason, TECH has devised this program in which physicians will be confronted with the most up-to-date technological resources and will learn how to make them compatible with their daily medical practice.

### 2. Gaining in-depth knowledge from the experience of top specialists

This TECH Internship Program is the ideal academic scenario for the specialist to appreciate, in first person, the work of great experts in Psychogeriatrics. Throughout 3 weeks, you will accompany a team of professionals with extensive experience in the analysis of real cases. You will also receive the advice of an assistant tutor, who will supervise your educational progress, clarify doubts and incorporate dynamic tasks throughout the practical and face-to-face program.

### 3. Entering first-class clinical environments

TECH, for this type of studies, has chosen leading centers in the field of Psychogeriatrics. The chosen institutions have the best care resources and a staff of experts with extensive professional experience. Based on these advantages, the graduate will achieve excellence and will incorporate the most up-to-date trends in this field of care into his or her practice.



#### 4. Putting the acquired knowledge into daily practice from the very first moment

In the educational market, there is an abundance of programs on psychogeriatrics with a high theoretical load. However, programs focused on the acquisition of practical skills for the development of this medical discipline are nonexistent. For this reason, TECH has created this Internship Program, of a face-to-face and intensive nature, where the specialist will be able to broaden his or her experience through a direct educational stay in a prestigious hospital center.

#### 5. Expanding the boundaries of knowledge

TECH is willing to expand the academic horizons of specialists through this program. For this reason, it has coordinated the realization of this Internship Program in institutions that are international references in the field of Psychogeriatrics. This is a unique opportunity for self-improvement, only within the reach of the largest online university in the world.



*You will have full practical immersion at the center of your choice"*

# 03 Objectives

With this academic modality designed by TECH, the specialist will have access to a first level update, where the most updated aspects in Psychogeriatrics will be collected and have recent scientific support. The program provides a unique didactic strategy of its kind, which will put the doctor in front of real patients, for 3 weeks, in a hospital institution of rigor and prestige.



## General Objectives

---

- Update knowledge on health and disease in old age
- Facilitate the linkage of the practitioner to the general psychological state of old age
- Design multidisciplinary intervention protocols for the elderly
- Master assessment, differential diagnosis and intervention in old age
- Provide skills of accompaniment in old age and an adequate way of coping with aging







## Specific Objectives

---

- Understand how the concept of old age has evolved historically and the complexity of the aging process
- Observe aging from the perspective of psychogeriatrics and psychogerontology
- Conduct a physical, psychological and social assessment
- Determine how psychological and social factors affect physical activity
- Observe problem-solving skills
- Know the different theories about the aging process and its reflection in personality traits
- Delve into the most current research in psychogeriatrics
- Learn about negative and positive personality changes in the aging process
- Get up to date in the way in which personality disorders develop in old age
- Analyze critical features of mental and emotional health in the elderly: emotional schemas, mental flexibility, use of humor, etc
- Delve into how mental health affects the physical state
- Identify the levels of stress faced by the elderly
- Assess the social health of the elderly
- Gain knowledge about the advantages of having a functional family during old age
- Delve into the support mechanisms that exist within the family
- Understand the changes that the crisis of the 70's can generate in the elderly
- Understand how the concept of family is evolving
- Understand the needs of the elderly in order to age in a satisfactory manner
- Understand the changes that occur in the central nervous system during old age
- Define the influence of psychopathologies and neuropathologies on disorders of consciousness and perception in the elderly
- Understand the affective behaviors in the elderly
- Understand sleep disorders in the elderly
- Define the specific elements of psychotherapy in the elderly
- Delve into the models that explain health and illness behaviors
- Work with different innovative psychotherapies oriented to the elderly
- Provide an overview of Geriatric Psychopharmacology
- Understand the frailty of the elderly and its pharmacokinetic changes
- Define the most appropriate and innovative drugs for emotional disturbances
- Determine the appropriateness of the use of anticonvulsants in the elderly
- Analyze pharmacologic intervention for somatization
- Analyze the biology and biochemistry involved in stress
- Know the responses and defense mechanisms in the face of stress
- Understand the importance of confidence in stressful situations
- Define communication skills and their most common errors
- Work with representational systems
- Learn how to reorient discussions and difficult situations

# 04

## Educational Plan

This Internship Program in Psychogeriatrics comprises consecutive 8-hour days, from Monday to Friday, to complete 3 educational weeks. Throughout this period, the specialist will develop a face-to-face and intensive stay in a first level hospital center. This health institution also stands out for having a prestigious medical team, whose members keep abreast of the latest trends in this scientific discipline.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

In this way, TECH provides the most personalized and focused guidance for the professional who wishes to expand their practical skills. On the other hand, all educational progress will be supervised by an assistant tutor. This expert will be in charge of clarifying doubts and concepts of interest, inserting the specialist in different work dynamics that will be indispensable for the updating of his practice or assistance unit.

The practical teaching will be done with the accompaniment and guidance of professors and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for medical praxis (learning to be and learning to relate).

The procedures described below will be the basis of the specialization, and their realization will be subject to the center's own availability, its usual activity and workload, the proposed activities being the following:



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a team that will help you develop your full potential"*



Module	Practical Activity
<b>State-of-the-art Assessment and Diagnosis in the Elderly</b>	Develop neurological examinations to assess the state of cognitive areas related to language, executive and visuospatial functions.
	Analyze the social and family networks in which the geriatric patient develops in order to intervene positively on them
	Identify neuropsychiatric symptoms associated with dementia through a detailed examination of pathologies such as depression and stress in patients
	Examine the geriatric patient's abilities to sustain motor coordination, autonomy of movement, and the ability to travel or move about
	Develop genetic diagnostics and deploy decision-making algorithms according to clinical phenotypes
	Screen for vitamin B12 deficiency by laboratory testing in patients with signs of dementia
<b>Strategies of Intervention in Psychogeriatrics</b>	Change through Cognitive-Behavioral Therapy the negative thought and behavioral patterns that may contribute to anxiety, depression and stress in the elderly
	Provide a safe and confidential space, through Supportive Therapy, for the elderly to discuss their concerns, fears and doubts related to aging
	Teach the elderly various relaxation techniques, Mindfulness and Meditation to help them become more aware of their thoughts, emotions and sensations
	Provide meaningful and rewarding activities through Occupational Therapy and Recreational Therapy to help the elderly maintain their quality of life
	Implement psychological care via the Internet, which may be useful for elderly people who live in remote areas and are unable to travel frequently
<b>Latest Trends in Pharmacological and Non-Pharmacological Approach to Dementias</b>	Prescribe cholinesterase inhibitors to activate neurotransmitters involved in memory and sense of reality
	Consider the use of antipsychotics, antidepressants, anxiolytics, sedatives or neuroleptics in case of detection of dementias such as Alzheimer's disease
	Apply combinations of psychotropic drugs such as mood stabilizers, anticonvulsants, atypical antipsychotics in patients with bipolar disorder
	Implement the use of opioids and adjuvant analgesics in Terminal Sedation strategies for elderly patients at end of life

# 05 Where Can I Do the Internship Program?

In this program, graduates will have access to renowned hospital centers located in different cities and countries around the world. This learning opportunity is unique in its kind and offers the mastery of international standards regarding the applications of Psychogeriatrics. The locations chosen for this Internship Program have the best teams of experts and handle the latest care procedures in this professional field.




*Enroll in TECH and you will complete a practical stay with excellence and rigor, in a 100% face-to-face and immersive way”*





The student will be able to complete this program at the following center:



**Medicine**

### Hospital HM Regla


Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2,  
24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

---

**Related internship programs:**  
- Psychiatric Treatments Update  
in Minor Patients



**Medicine**

### AFA Alicante


Country	City
Spain	Alicante

Address: Av. Esportista Miriam Blasco,  
13, 03016 Alacant, Alicante

AFA Alicante has formed a multidisciplinary team with one goal: to meet the needs of people with Alzheimer's disease.

---

**Related internship programs:**  
Psychogeriatrics



**Medicine**

### El Mirador de Font d'en Fargues Residencia y Centro de día


Country	City
Spain	Barcelona

Address: Carrer de Gallecs, 16, Horta-Guinardó,  
08032 Barcelona

An entity that provides close and personalized treatment to all its residents.

---

**Related internship programs:**  
Psychogeriatrics



**Medicine**

### Residencia Toki Eder


Country	City
Spain	Santa Cruz de Tenerife

Address: Ctra. Santa Cruz Laguna, 48,  
38009, Santa Cruz De Tenerife (Tenerife)

Toki Eder offers the best human and medical care.

---

**Related internship programs:**  
Psychogeriatrics



**Medicine**

### Centro de día Abastos

Country	City
Spain	Valencia

Address: C/ de Conca, 68, Extramurs, 46008  
València, Valencia

Specialists in the prevention, maintenance and rehabilitation of pathologies associated with aging through specific programs.

---

**Related internship programs:**  
Psychogeriatrics



**Medicine**

### Centro Vida Salud Mental

Country	City
Spain	Valladolid

Address: C. del Torreón, 1, 47153 Pinar  
de Antequera, Valladolid

SALUD MENTAL VIDA S.L. was created with the firm purpose of providing comprehensive, multidisciplinary and personalized care to people with severe mental disorders.

---

**Related internship programs:**  
Psychogeriatrics

# 06

## General Conditions

### Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the Internship Program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This private qualification will allow you to obtain a **Internship Program in Psychogeriatrics** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Internship Program in Psychogeriatrics**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Accreditation: **4 ECTS**







Internship Program  
Psychogeriatrics

# Internship Program Psychogeriatrics

